



Conservation Commission of the State Of Missouri.
Used with permission.

Mother & Daughter Outdoors

July 22-24, 2011 at Holiday Lake 4-H Center in Appomattox, Virginia

This event is designed primarily for women. It is an excellent opportunity for anyone 9 years of age and above to learn the outdoor skills usually associated with hunting and fishing, but useful in a variety of outdoor pursuits.

This event is for you if:

- You would like to get your family involved in outdoor activities and need a place to start.
- You have never tried these activities but have hoped for an opportunity to learn.
- You are a beginner who hopes to improve your skills.

Friday, July 22

3:00 p.m. - 5:00 p.m.
5:00 p.m. - 6:30 p.m.
7:00 p.m. - 8:30 p.m.

Check-in
Dinner & Welcome
Evening Activities

Saturday, July 23

7:00 a.m. - 7:45 a.m.
8:00 a.m. - 11:30 a.m.
11:45 a.m. - 12:30 p.m.
1:00 p.m. - 4:30 p.m.
4:30 p.m. - 6:00 p.m.
6:00 p.m. - 7:00 p.m.
7:20 p.m. - 8:30 p.m.

Breakfast
Session 1
Lunch
Session 2
Free Time
Dinner
Raffle & Entertainment

Sunday, July 24

7:00 a.m. - 7:45 a.m.
8:00 a.m. - 11:30 a.m.
11:45 a.m. - 12:30 p.m.

Breakfast
Session 3
Lunch & Farewell Raffle

Lodging is at the historic Holiday Lake 4-H Educational Center in Appomattox, Virginia. Most cabins are rustic; some are dormitory style with bunk beds. Bathhouses with showers, toilets, and sinks are located in buildings separate from the cabins. Cabins are neither heated nor air-conditioned. Small fans might be helpful. Participants will need to provide their own toiletries and linens including towels, pillows, bed sheets, and blankets or sleeping bags.

Scholarships: No scholarship funds are available at this time. If you would like to contribute to the scholarship fund, contact Jimmy Mootz at 804-367-0656 or Jimmy.Mootz@dgif.virginia.gov.

Registration Information

Registration Fee: \$90 per person

This fee includes food, lodging, use of equipment, course instruction, and evening events. Checks or money orders should be made payable to **Treasurer of Virginia**.

** Please note: Some courses require additional fees. See course descriptions for details.*

To Apply: Read event information carefully, and then complete registration form. When choosing your courses on the registration form, please mark your first three choices (1 being your first choice) for each session. Some courses fill up quickly and your choices will assist us in enrolling you into the courses in which you are most interested. If there are courses that you want to take regardless of the session time, write the course names in the space provided on the registration form. Please note that some courses do have prerequisites, which are mentioned in the course descriptions. Participants under the age of 16 must be enrolled in classes with an adult. Feel free to copy the registration form to share with friends.

A Confirmation will be sent to you via email upon receipt of your registration and payment. Prior to the event, you will receive a letter detailing your classes, directions to Holiday Lake 4-H Educational Center, a list of suggested items, and a medical history form to complete and bring with you to the event. All demonstration equipment will be provided. Please, **DO NOT** bring firearms.

Registration Deadline is 5:00 p.m. July 1, 2011. Space for the event will be filled on a first come first serve basis. If the event should fill, a waiting list will be created. No applications will be accepted by telephone.

Cancellation Deadline is July 1, 2011. If you cancel on or before July 1, you will receive a full refund. There are no refunds for participants who cancel after July 1, however a substitute may be sent to the event to attend your assigned classes.

Questions?

Contact Jimmy Mootz at (804) 367-0656, or email Jimmy.Mootz@dgif.virginia.gov



Course Descriptions & Physical Activity Ratings

Please note the following course physical activity ratings found beside the course name. If a course is rated as *LEISURELY*, it is not a very physically demanding course. If a course has a *MODERATE* rating, it will require a moderate amount of physical activity. A course rated as *RUGGED*, will be fairly strenuous, and may require hiking over uneven terrain.

3-D Archery* *LEISURELY*

For those who have the basics of archery, this is an opportunity to apply your archery skills in a simulated hunting environment with various 3-D targets. **Prerequisite: Archery Basics or proficiency in archery.*

Animal Tracking *MODERATE*

See animal tracks as a way to learn who lives in the woods (or your back yard!). Participants will spend time determining which animals were present, when they were there, and what they were doing. Bring your cameras, and our instructors will help you preserve what you find.

Archery Basics *LEISURELY*

Learn how to select bows, arrows, and other archery equipment. Participants can try archery equipment as they hone their shooting skills at the range.

Bugs & Critters *LEISURELY*

Bugs, bugs, everywhere bugs! In this "hands on" class, we will learn what makes an insect an insect, and how they play an important part in our lives.

Explore Bowhunting *MODERATE*

This class is designed to help you feel comfortable in the outdoors, whether your goal is to bowhunt, photograph wildlife, or to just interact with nature. Each activity will be "hands on" that will be fun and engaging.

Floating Fishing School* *LEISURELY*

Want to fish Holliday Lake from a boat? This course covers the basics of fishing: casting, equipment, knots, rigs, bait and where and how to catch fish. Following a brief time of instruction the class will board a 24' pontoon boat to cruise the lake and fish where they are biting! **Valid VA freshwater fishing license required.*

Geocaching* *MODERATE*

This high tech sport has been described as a 21st century treasure hunt, and it's sweeping the world by storm with over 1 million players worldwide. Players will use GPS skills to navigate and discover hidden caches filled with "untold treasures"! (Visit www.geocaching.com for more information) **GPS or previous GPS skills are required for this course.*

GPS *MODERATE*

Have you ever wanted to know your EXACT location? Have you heard about GPS units installed in some new model vehicles? Have you thought about buying a unit of your own? Well, sign up for this class and learn about the advances in global positioning system technologies. See "Geocaching" for an exciting extension of this class.

Hiking *MODERATE - RUGGED*

Learn the basics of hiking from Debbie Bellucci of the Tidewater Appalachian Trail Club, and enjoy an invigorating hike around the Holiday Lake. Full loop is 6.5 miles, and the short loop is less than 3 miles.

Home Firearm Safety *LEISURELY*

Learn to safely and comfortably handle firearms that you may encounter in the home, or on the range. Course focuses on types of firearms and how to handle them safely.

Introductory Rifle *LEISURELY*

This course consists of a brief overview of firearm safety and basic shooting skills, followed by the opportunity to practice marksmanship at the range.

Kayak Fishing* *MODERATE*

Join one of the fastest growing trends in fishing today! Learn tips, techniques, tackle, and equipment to make your kayak fishing excursion successful. Participants will have an opportunity to practice their fishing skills in a kayak on Holiday Lake. **Fishing license and paddling skills are required. Participants should take Kayak Quickstart prior to this course, or*

be an experienced paddler.

Kayak Quickstart!* *MODERATE*

An overview of equipment, paddling techniques, and safety will be followed by an opportunity to practice with kayaks. Participants should be prepared to get wet during this class. **Participants should be at least 4' tall for this course.*

Mountain Biking *MODERATE*

Come learn how to ride mountain bikes on the road or off on a trail. Safety, equipment, and riding techniques will be covered during the class, as well as a trail ride!

Nature Crafts *LEISURELY*

Use outdoor artifacts like leaves, bark, and feathers to turn everyday items into works of art. You can even take your masterpiece home with you!

Outdoor Cooking *LEISURELY*

Learn the secrets to create breakfast meals, one-pot dinners, desserts, and many other meals in a camp setting. Participants will cook over an open fire using paper bags, cans, grills, and Dutch ovens. Come to class hungry because eating the class work is a requisite!

Outdoors Awareness *LEISURELY*

Animals use camouflage and other techniques to keep you from seeing them. Do you wonder how the animals "suddenly appear"? In this class you will learn more about being aware of your surroundings and how you can get close to wildlife for better photos or hunting. You can interact with the natural world by developing skills which focus on getting close to wildlife. These skills are useful when viewing, photographing, and hunting wildlife.

Reptiles & Amphibians *LEISURELY*

Learn to identify some of the many slithering and creeping critters we see in the woods and waters.

Shotgun Basics *LEISURELY*

Learn to comfortably shoot America's favorite hunting gun! This class includes a historical perspective of the shotgun, firearm safety and basic shooting techniques. Also included is an opportunity to practice shotgun shooting techniques at the range under the supervision of certified instructors and shooting coaches.

Wild Edibles *LEISURELY*

Everything you ever wanted to know about wild edibles but were afraid to pick! Learn how to utilize the plants in the wild for food, tools, and some great health remedies.

Wilderness Survival *MODERATE*

Learn the necessary skills for surviving outdoors in this course. Hands on experience in shelter building, the art of fire making, woods awareness, and other survival skills are all included in this awesome experience.



Virginia Department of Game and Inland Fisheries "Mother Daughter Outdoors" Program

The Department of Game and Inland Fisheries shall afford to all persons an equal access to Department programs and facilities without regard to race, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write:
Virginia Department of Game and Inland Fisheries, ATTN: Compliance Officer, 4010 West Broad Street, P.O. Box 11104, Richmond, Virginia 23230

Registration Form
Mother & Daughter Outdoors Weekend
July 22-24, 2011

Only one person may register per form. Please photocopy for additional registrations.

Name _____

Address _____

City/State/Zip _____

Phone: day (____) _____ eve (____) _____

Email Address _____

Are you 16 years of age or over? Yes No (Please circle)

Workshop Fee is \$ 90.00 and includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging.

Fee must be included with completed registration.

Concurrent Course Offerings -- Indicate your top three choices for each session (1 being your first choice):

SESSION 1

[Saturday a.m.]

- ___ Archery Basics
- ___ Floating Fishing School*
- ___ GPS
- ___ Introductory Rifle*
- ___ Kayak Quickstart!*
- ___ Mountain Biking
- ___ Nature Crafts
- ___ Shotgun Basics
- ___ Wilderness Survival

SESSION 2

[Saturday p.m.]

- ___ 3D Archery
- ___ Bugs & Critters
- ___ Floating Fishing School*
- ___ Geocaching*
- ___ Introductory Rifle
- ___ Kayak Quickstart!*
- ___ Shotgun Basics
- ___ Outdoor Awareness
- ___ Wilderness Survival

SESSION 3

[Sunday a.m.]

- ___ Animal Tracking
- ___ Explore Bowhunting
- ___ Geocaching*
- ___ Hiking
- ___ Home Firearms Safety
- ___ Kayak Fishing*
- ___ Outdoor Cooking
- ___ Reptile & Amphibians
- ___ Wild Edibles

Please sign me up for the following course(s) regardless of the session:

Check this box ☐ if you will bring your own bike & helmet to Mountain Biking

* PLEASE SEE COURSE DESCRIPTION FOR PREREQUISITES AND/OR RESTRICTIONS*

Lodging preference:

- Early Bird Cabin
(to bed by 10 pm)
- Night Owl Cabin
(to bed after 10 pm)

I would like to be in the same cabin with

We will attempt to honor your preference

Shirt Size

(Please circle one)

S M L XL XXL

Check here if you have any special dietary requirements or special needs that require assistance, and describe your needs: _____

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NO REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE

FEE MUST ACCOMPANY REGISTRATION.

ALL REGISTRATIONS MUST BE RECEIVED BY CLOSE OF BUSINESS ON JULY 1st

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Send Registration and Fee to:

DGIF / Outdoor Education Program
ATTN: MDO Registration
4010 West Broad Street
Richmond, VA 23230

Make Checks Payable to:
Treasurer of Virginia

For office use only: Date received _____ Confirmation sent _____ Check # _____

2011 MOTHER & DAUGHTER OUTDOORS WEEKEND CONTRACT AND RELEASE OF LIABILITY

THIS MOTHER & DAUGHTER OUTDOORS WEEKEND CONTRACT AND RELEASE OF LIABILITY ("Contract") is entered into upon the date signed below by those individuals submitting requests for registration as participants ("Participants") by and between the Virginia Department of Game and Inland Fisheries and participating Federal, State, or local agencies and/or corporate sponsors ("Sponsors").

WHEREAS, "Sponsors" desire to provide an outdoor recreation skills training event to be conducted at Holiday Lake 4H Educational Center on JULY 22-24, 2011.

WHEREAS, "Participant(s)" desire to receive instruction in one or more of the activities described in the Mother & Daughter Outdoors Weekend Information Packet and/or the Registration Form which are incorporated herein as is set forth in full. NOW, THEREFORE, in consideration of the mutual covenants and conditions in this Contract plus other good and valuable consideration, the receipt of which is hereby acknowledged, the parties agree as follows:

SECTION 1: REGISTRATION OF PARTICIPANT(S).

The "Participants" being the same participants that sign below, wish to receive the requested instruction.

SECTION 2: ACKNOWLEDGEMENT OF SPECIAL NEEDS AND RULES.

For the purposes of your safety and to accommodate special needs, "Participants" agree to advise Sponsors of any pregnancy, mental or physical handicap, disability, visual and/or auditory impairment, influence of prescription drugs, illegal drugs and/or alcohol. I understand that as a registered guest, I (we) will not bring or possess ALCOHOLIC BEVERAGES OR ILLEGAL DRUGS onto the premises and understand and agree to abide by the general rules of conduct prescribed for guests of this event and by the facility being used for this event.

SECTION 3: RIGHT TO REFUSE PARTICIPANT(S).

Participant(s) understands and agrees that Sponsors may disallow the participation of any Participant(s) which Sponsors believes in their sole judgment may present a safety hazard to other Participant(s), Sponsors' staff, Sponsors' invitees and/or to themselves.

SECTION 4: WARNING AND ASSUMPTION OF RISK.

Participant(s) understands that outdoor recreation and conservation involves activities where there are inherent elements of risk always present despite all safety precautions. Participant(s) fully accepts any and all such risk(s).

SECTION 5: RELEASE OF LIABILITY FOR NEGLIGENCE.

Participant(s) hereby, for themselves, their heirs, administrators and assigns, release and discharge sponsors, sponsors' agent and sponsors' affiliates from all claim for bodily injury, property damage, death, medical expenses and other financial losses occurring to the Participant(s) during the instruction due to the negligence of the Sponsors, Sponsors' agents and/or Sponsors' affiliate.

SECTION 6: INDEMNIFICATION.

Participant(s) further agree to indemnify and hold harmless the Sponsors plus their agents and affiliates from any and all costs, including reasonable attorney fees, incurred in defending against claims arising from the negligent acts or omissions, reckless acts or omissions or intentional misconduct by themselves or other Participant(s) during the instruction.

SECTION 7: PUBLICITY.

Participant(s) grant permission to Sponsors and their affiliates to publish, in any form, any photographs of Participant(s) while involved in the Instruction and agree that Participant(s) are not due any payment from Sponsors for publishing their photographs.

SECTION 8: ENTIRE AGREEMENT/VIRGINIA LAW/PARTIAL INVALIDITY.

This document constitutes the final and entire agreement between Sponsors and Participant(s) concerning the Instruction. This Contract is delivered, executed, accepted and performed exclusively within the Commonwealth of Virginia and shall be interpreted and enforced under the laws of Virginia. In the event that any term or terms of this Contract shall be determined to be illegal or unenforceable all other terms and conditions of this Contract shall remain in full force and in effect.

BY SIGNING BELOW, THE PARTICIPANT(S) WARRANT THAT THEY HAVE READ AND FULLY UNDERSTAND THAT THIS CONTRACT INCLUDES A RELEASE OF LIABILITY FOR NEGLIGENCE AND WARRANT THAT THEY SIGN THIS DOCUMENT OF THEIR OWN FREE WILL.

Participant: _____
Parent: _____

NAME	AGE	DATE
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